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**FISCAL YEAR 2003
CHILD AND ADULT CARE FOOD PROGRAM
OPERATIONAL MEMO #21**

TO: Child and Adult Care Food Program Sponsors

FROM: Julie Stark, Interim Director
Office of School Support Services

DATE: June 20, 2003

SUBJECT: Nibbles for Health

Soon you will be receiving a kit entitled: Nibbles for Health: Nutrition Newsletters for Parents of Young Children. Nibbles for Health was developed for child care center staff and parents of young children enrolled in child care centers.

This kit offers child care center staff guidance on conducting discussions with parents in three “sharing sessions” and accompanying posters. Topics of the three posters are as follows:

“READ IT before you EAT IT!”

“Move It”

“What size is your serving?”

Also contained in the kit are 41 reproducible newsletters that staff can provide to parents to address many of the challenges they face. Sample newsletter topics are:

Healthful Eating for Your Family
Food Guide Pyramid for Your Young Child
How Much is Enough?
Healthful Eating...Food Labels Help!
Juice or Fruit Drinks?
Easy Weekend Lunch Ideas
Keeping Your Child's Healthy Smile!
Grow a Family Garden!
Pack a Family Picnic!

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